

out briefly all necessary rules for beauty in the order of their importance.

"Sleep is first; eight hours as a minimum and as much more as can be obtained.

"Total abstinence from late suppers comes next. By that I do not mean just shunning indigestible concoctions and highballs, but as rigid avoidance of a glass of milk as of a cocktail. The woman who eats just before sleeping will lose her beauty with shocking suddenness.

"Plenty of cold water. Bathe in cold water daily, and take showers to become refreshed. No tired woman is ever beautiful.

"True beauty is radiance of emotions, preferably joy.

"Use plenty of water on the face. I always give mine a good old-fashioned scrubbing with hot water. I believe in supplementing—not substituting—water and soap with cold cream. A plentiful use of creams softens the skin, keeps it smooth and gives it a properly nourished appearance.

"To retain one's beauty, the face should be peeled every few years. The wise woman will do it herself and not allow a professional to touch her face. It requires three weeks to effect a complete peel. And during that time a woman is—well, frankly, she is a fright. My advice would be to combine rest cure and peel, so that the latter may be taken in strict seclusion.

"A woman peeled, however, is more wonderful than the butterfly bursting in all its glory from the chrysalis.

"Now for the massage. The daily gentle massage of rubbing cold cream into the skin is almost enough. In addition to that one should rub the face with ice every morning. It makes the muscles firm and refreshes the face generally. Often at night, when one is going out and is fatigued, an ice massage will restore a restful expression. I have known

many cases where women's faces have been ruined by professional masseurs, who rubbed the muscles the wrong way.

"Often a woman has some special feature that is so beautiful that it overshadows the rest of her face. It may be a wonderful smile, starry eyes; a woman's business is to know her good points and cultivate them.

"No woman need look unattractive. Nearly every woman might be pretty if she would attend to her good points, care for her skin and hair and keep her figure right.

"There is no excuse for a poor figure. It means only one of two things—laziness or self indulgence.

"I have now told you how to obtain physical beauty. Now I will tell you how to enhance it.

"Let the face-beautiful be shadowed by the thoughts of the soul. Keep the mind healthy; 'To thine own self be true'—and it shall follow that the fineness of soul and mind shall spiritualize that beauty of face into a living force."

ELLEN WILSON FUND TO EDUCATE BOYS AND GIRLS

Mrs. Woodrow Wilson's good deeds live after her.

Because she was interested in the poor boys and girls of her native state, Georgia, and did a great deal to encourage education in the mountain districts, the Southern Presbyterian church has established in her memory the Ellen Wilson fund for the Christian education of the mountain youth of Georgia.

President Wilson has given his approval to the plan, and several thousand dollars has been subscribed to the memorial fund. The women of the Southern Presbyterian church will organize committees throughout the country to take charge of the contributions to the fund.

Have plenty of cheesecloth, and spotless clean kitchen towels at hand while you are canning or preserving.